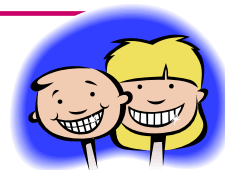
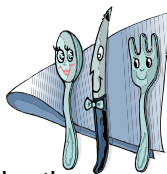


February is Dental Health Month - Follow these tips for healthy teeth!



- Find out if the water your family uses has fluoride. If there is not fluoride in your water, discuss options with your dentist or doctor.
- Don't put baby to bed with a bottle or sippy cup.
- Even before teeth come in, clean infant's gums after each feeding with a wet washcloth.
- When the baby's teeth begin to come up, brush them gently after each feeding with a small, soft toothbrush or washcloth – no toothpaste is needed.
- At age two or three, you can begin to teach your child how to brush with a pin head amount of tooth paste. You will need to follow up with brushing and gentle flossing until age seven or so, when the child is able to do it alone.
- Take your child to the dentist by age one.

Setting A Good Example Can Start with Setting the Table!



Parents are a child's first teacher on how to make good food choices. Actions speak louder than words and children are often "copycats," as they like to copy what they see you doing. If you model good eating and activity habits your child will notice!

Although no one can eat perfectly all the time, eating a diet with a variety of foods can help teach your child healthy behaviors that can last a lifetime.

Family meals are the ideal place to start. Family meals not only help kids learn good eating habits, they help teach manners and provide time to talk and get closer.

Here are a few tips to "set the table" for good role modeling:

- Don't skip meals — especially breakfast
- Take smaller portions
- Try new foods — but don't force your children to try them
- Turn the TV off while you are eating
- Limit junk food in the house
- Drink water and milk instead of soda
- Learn ways to deal with stress that do not include eating – like taking a walk!
- Eat fruit for dessert
- Include vegetables and fruits with meals and snacks

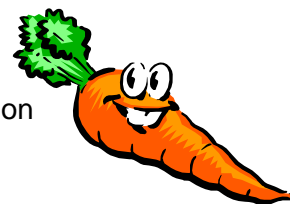


Cook's Corner

Broccoli Carrot Frittata



- 1- 10 ounce package frozen broccoli, chopped
- ½ cup diced carrots
- ¼ cup water
- 6 eggs
- ½ cup milk
- 1 Tablespoon dried minced onion
- 1 Tablespoon mustard
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup shredded cheese



Directions:

1. Preheat oven to 350°F. Lightly grease a 10 inch pie plate.
2. Cook broccoli and carrots in small amount of water until crisp-tender for about 3 minutes. Drain.
3. In a separate bowl, beat together eggs, milk, onion, mustard, salt and pepper.
4. Pour vegetables and egg mixture into pie plate. Top with cheese.
5. Bake for 20 to 25 minutes.

-Recipe from Montana State University Extension Nutrition Education

Easy Chicken Casserole:



- 4 cups of diced cooked chicken or turkey
- 1 can cream chicken soup (can use low-sodium)
- 1 - 14 oz can French-cut green beans (drained)
- 1- 16 oz. box stuffing mix (can use low-sodium)

Directions:

1. Place chicken or turkey in 3 quart casserole dish. Top with soup, then green beans.
2. Prepare stuffing according to package directions and spread over all.
3. Bake, covered for at 350 degrees for 1 hour.



Wellness Nutrition Fun Facts

For WIC Families

January/February 2008

Nursing Notes- Breastfeeding Your Newborn

Newborns should nurse eight to 12 times per day early on, usually during about the first month. You may notice you are feeding your baby more often than someone whose baby is formula fed. This is because breast milk is easier for baby to digest than formula, so it moves through baby's system faster so baby is hungry more often.

Frequent feedings help keep your milk supply up during the first few weeks. Once milk supply is in, breastfeeding should be "on demand" (when your baby is hungry). By 2 to 3 months of age, a breastfed baby will probably want to nurse six to eight times a day. As newborns get older, they'll need to nurse less often. Your baby will give you signs when hungry.

Watch for the following hunger cues:

- Sucking on hands, fingers, lips while asleep or just waking
- Opening his mouth when lips or cheek are touched
- Moving hands and arms towards mouth
- Lip smacking
- "Rooting" or searching for your nipple
- Crying or fussiness are late signs of hunger



January is Folic Acid Awareness Month-

Folic Acid Facts for Healthy Mom and Baby

Folic acid is a B vitamin that our bodies use to make new cells. All women who are planning to have a baby or who may become pregnant should consume 400 micrograms of folic acid a day.

Folic acid is found in standard multivitamins, fortified grains and some other foods. Women who take a multivitamin or prenatal vitamin with folic acid can help prevent birth defects of the brain and spinal cord called neural tube defects. Folic acid helps to prevent these birth defects if taken before becoming pregnant and during early pregnancy.

Folic Acid Rich Foods:

- Leafy, dark green vegetables
- Legumes (dried beans and peas)
- Citrus fruits and juices
- Most berries
- Fortified grains- cereals, flour, rice,
 - o Check the label for the word enriched



Eat Healthy to Be Healthy

Eating healthier can be as easy as making small changes at meal and snack time at home and when eating out. Choosing foods with low sugar and fat can help to keep your whole family feeling more energized and help maintain a healthy weight. (Ages 3 years and above)

<i>A low sugar, high fiber breakfast will keep you going!</i>	
INSTEAD OF	CHOOSE
Sugary cereal	whole grain cereal with fresh fruit
Fruit drink	Fresh, frozen, canned or dried fruit
Donut	Whole wheat bagel with low fat cream cheese
Biscuit with sausage	English muffin with jam & peanut butter

<i>Tasty meals don't have to be high in fat!</i>	
INSTEAD OF	CHOOSE
Fried chicken	Grilled or baked chicken
Pepperoni pizza	Vegetable pizza on thin crust
Bologna sandwich	Turkey sandwich on whole wheat bread
French Fries	Baked Potato

<i>Healthy snacks can keep you full of energy!</i>	
INSTEAD OF	CHOOSE
Candy bar	Multigrain cereal bar
Cheese puffs	Air popped popcorn
Chips	Whole wheat crackers
Fruit pie or fruit roll ups	Apple slices with cinnamon
Nachos and cheese	Tortilla chips and salsa

